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OFFICIAL CENTRAL COAST MARINERS MATCHDAY PROGRAM

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ISSUE: 95

SUN 31 JAN | 4PM

WED 3 FEB | 7PM

SUN 7 FEB | 6PM

COACH: ALEN STAJCIC		COACH: UFUK TALAY
1. MARK BIRIGHITTI	❑ ❑	1. Stefan Marinovic (GK)
3. LEWIS MILLER	❑ ❑	2. Liam McGinn
4. JOSH NISBET	❑ ❑	3. Luke DeVere
5. STEFAN NIGRO	❑ ❑	4. Te Atawhai Hudson-Wihongi
6. GIANNI STENSNESS	❑ ❑	5. James McGarry
7. STEFAN JANKOVIC	❑ ❑	6. Tim Payne
8. OLIVER BOZANIC	❑ ❑	7. Reno Piscopo
10. DANIEL DESILVA	❑ ❑	8. Cameron Devlin
11. JACK CLISBY	❑ ❑	9. David Ball
12. MARCO UREÑA	❑ ❑	10. Ulises Davila
14. DANIEL BOUMAN	❑ ❑	11. Jaushua Sotirio
15. KYE ROWLES	❑ ❑	12. Matthew Ridenton
19. MATT SIMON	❑ ❑	14. Alex Rufer
20. ADAM PEARCE (GK)	❑ ❑	15. Mirza Muratovic
21. RUON TONGYIK	❑ ❑	16. Louis Fenton
22. MICHAL JANOTA	❑ ❑	17. Tomer Hemed
23. DANIEL HALL	❑ ❑	20. Oliver Sail (GK)
25. MATTHEW HATCH	❑ ❑	21. Joshua Laws
26. JAYDEN CASELLA	❑ ❑	23. Clayton Lewis
29. ALOU KUOL	❑ ❑	31. Ben Waine
30. JORDAN SMYLIE	❑ ❑	32. Sam Sutton

HEAD TO HEAD: PLD 39 WINS: CCM 15 WEL 17 DRAWS 7

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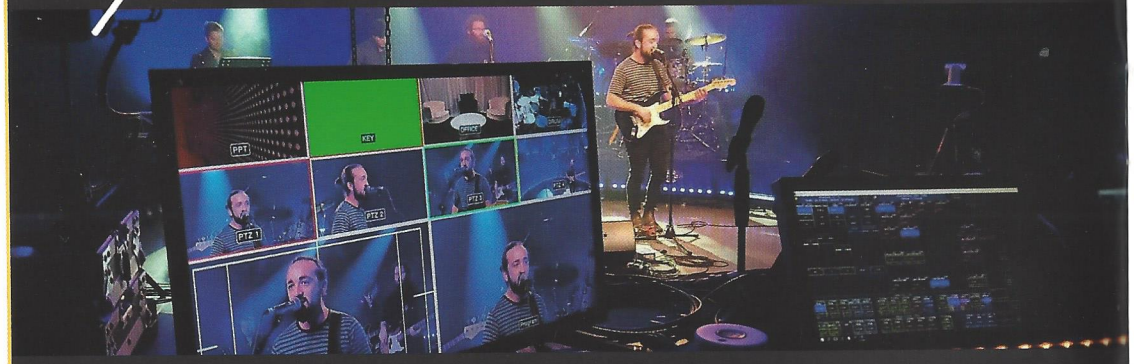

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WORD SEARCH

Find the names of these 10 former players in the word grid below. We've given you one to start but can you find the rest?

Words are may be placed forwards, backwards, up, down and diagonally

Y	W	H	U	T	C	H	I	N	S	O	N	N	R
M	O	N	T	G	O	M	E	R	Y	C	O	Y	N
N	W	W	S	N	R	N	K	J	R	I	S	C	T
G	J	T	S	W	E	A	D	P	Y	S	K	S	G
N	E	S	E	O	J	S	T	J	C	J	M	O	U
C	D	E	R	R	I	N	P	A	I	U	E	R	M
S	I	B	Y	B	H	N	Z	W	W	A	A	O	P
E	N	S	A	S	Y	T	S	E	K	Y	B	S	R
K	A	W	N	E	P	N	H	E	H	S	G	E	E
B	K	S	N	E	A	E	I	E	C	M	U	R	C
N	A	O	W	A	H	A	N	M	U	L	N	O	H
E	O	H	W	O	R	T	S	C	O	S	K	L	T
N	O	Z	G	C	R	R	Y	P	E	K	H	F	I
K	W	A	S	N	I	K	K	G	K	R	W	A	U

~~Zwaanswijk~~
Hutchinson
Brown
Spencer
Flores
Montgomery
Kwasnik
Jedinak
Ryan
Gumprecht

WHO AM I?

Can you identify the Mariners player from these 3 clues? Answer on Page 27.

1. Has played for clubs in Russia and Denmark.
2. Played for his country at Under 20 World Cup, where they finished 4rth.
3. Scored the only goal in a win over Scotland at Hampden in 2018.

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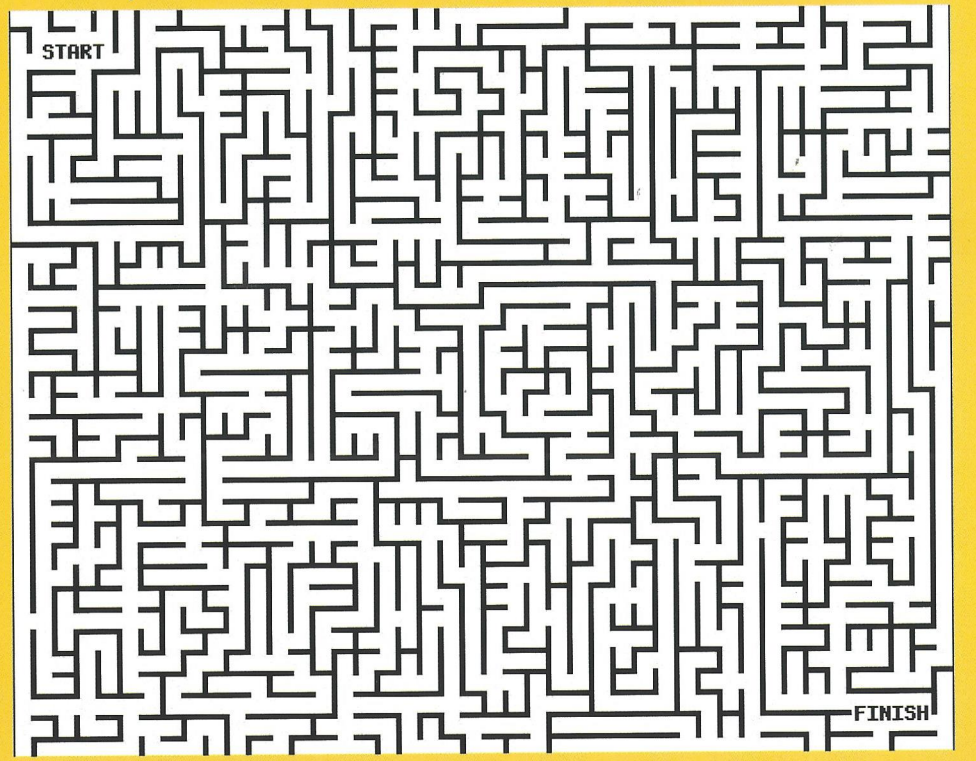
WORD SEARCH MAZE

Complete the maze from Start to Finish to reveal the hidden word.



SPOT THE BALL

Answers on Page 27

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W: familyrelationshipnetwork.com.au

THE FAMILY RELATIONSHIP NETWORK

CENTRAL COAST MARINERS OFFICIAL SUPPORTERS CLUB

The Crew

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Exciting times here at Central Coast Stadium with three home games on the trot: a chance to get some points in the bag and really set a solid foundation for the rest of the season.

While these troubled times are causing regular game date and venue changes, we acknowledge the work done by the Club in re-allocating seats to try to keep everyone safe while allowing as many fans to enter the stadium as possible.

Regardless of where or when games are played, our "Player Of The Year" Award is the culmination of the votes received from our members each week. It provides members a tangible opportunity to show their views on their top three players who went that extra mile on the pitch.

If you would like to get to know more about who we are and what we do, why not visit our website, or get in touch at **www.ccmosc.com.au.**

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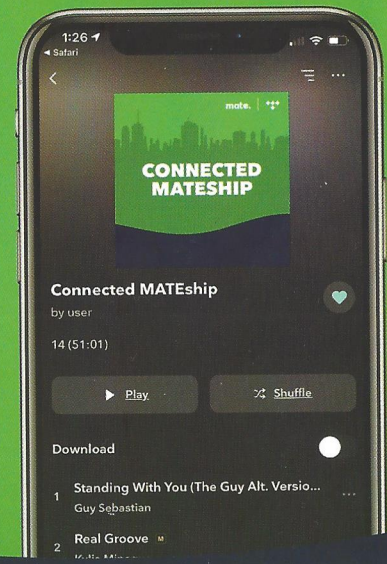

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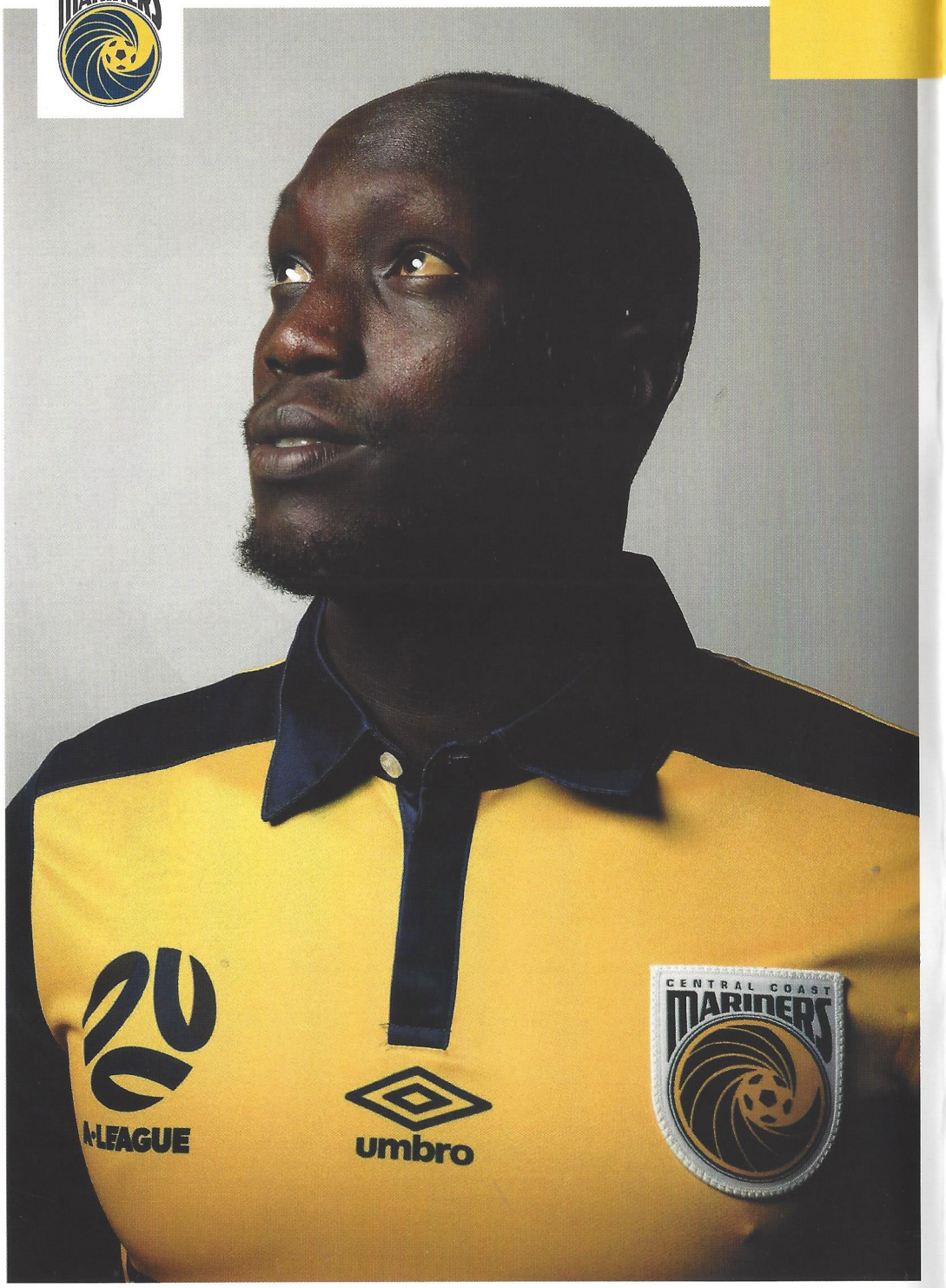

CONFIDENCE IS KEY

TONGYIK LOVING LIFE ON THE COAST

By Cameron Smith

As Ocean Alley say, "It's all about confidence, baby."

Ruon Tongyik has been one of the most in-form players for the Central Coast Mariners this season, with the central defender being a key factor in the team managing three clean sheets in the opening four matches.

The 24-year old believes laying out the right foundations in pre-season has allowed the team to gather and grow the confidence within the squad.

"The boys were quite confident in pre-season and we brought that into the first game", said Tongyik.

"We knew exactly what we were lacking last season, and we needed to improve defensively.

"We know we're capable of beating any team, and if we put that mentality towards every match, we know we can compete at the top of the table.

"It's early days and we still have a lot to prove, but for a team that was at the bottom of the table for the last few seasons it's great to be hearing people talking nicely about us, but we can't get too far ahead of ourselves."

Tongyik doesn't want to look too far into the future, because he knows life as a footballer can change very quickly.

As a young prospect in Adelaide, Tongyik signed with Melbourne City after a brilliant season with the Adelaide United youth team. After not receiving much game time, he moved to Western Sydney to link up with his former Adelaide mentor, Josep Gombau, before Gombau was relieved of his duties as the Wanderers coach.

Struggling with injuries and for a spot in the team, Tongyik moved to Brisbane, where he suffered from another injury. Leaving the Roar to join the Mariners in 2019, Tongyik's first season in the Yellow and Navy was a frustrating one as he missed large chunks of the season through yet more injury setbacks.

"It definitely wasn't easy, as a player you always want to play", said Tongyik.

"I tore three ligaments in my ankle in pre-season. It took me a while to get my confidence back up but with injuries you can't really do much about it, so you've just got to take the positives out of it and just get better.

"From my part as well, I don't think I did enough to put myself in the team last year.

"This year I think without having injuries, my confidence is higher. That's credit to the staff for getting my body ready for the season. I'm more confident and I know my qualities within, and I know I can show my physical dominance on the field.

"Being fit and confident has allowed me to improve my mentality, and the squad as a whole has changed too. There's that desire to win, a desire to compete, on and off the ball. You can see that we want to work for each other, and the confidence can only grow.

"Having the experienced players driving that, and the players believing in themselves means everyone's on the same page and we know where we want to go."

On a personal level, Tongyik is enjoying the opportunity to play in front of the Central Coast faithful after a few seasons of moving around the country to pursue his dream.

"For me, I just want to get to the peak of my level because I've been around other clubs. It just takes one opportunity, and you have to take it.

"I was trying to find my feet and find a place where I could enjoy my football. The Coast community has been fantastic to me. The people in general are so welcoming and I've really enjoyed every minute here. I've built a good relationship with my neighbour, and the team environment is really good.

"Coming into pre-season, my goal was to look after my body a lot more and try to remain injury free. I wanted to come in and just play football to show my qualities as a player.

"It's been a while since I've been able to enjoy myself as much as I am here".

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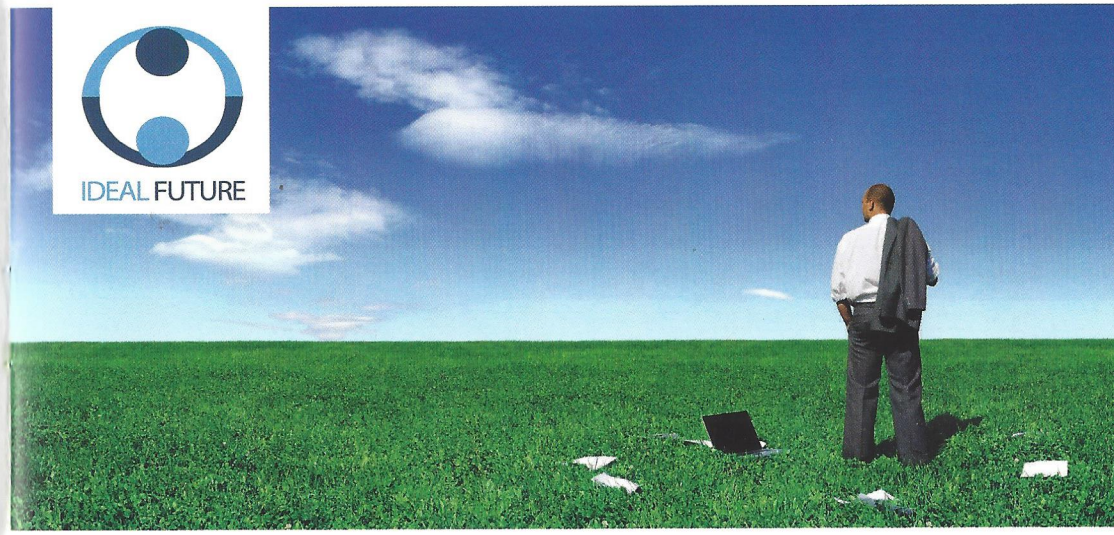

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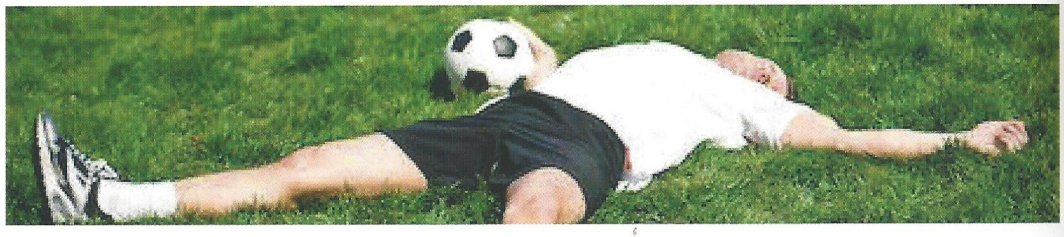

This season, we have a number of short turnarounds between matches. This poses a challenge for the medical and strength and conditioning departments as player fatigue influences performance and increases risk of injury. We use a number of methods to mitigate this risk.

After each match, the players utilise contrast baths. Immediately post-match, proper nutrition and hydration is essential. Protein supplementation and electrolyte replacement is key. The following day, players receive massage and have been attending 'CryoPlus Erina' for full body cryotherapy.

Any injuries or niggles are assessed by the physiotherapist, and training may be modified if necessary.

Players GPS numbers are assessed by the strength and conditioning coach to assess their loading.

Squad depth is essential with limited time between games, therefore non-used players are required to complete 'top-up' sessions to maintain their fitness and ensure they are ready.

Dave McGinness, Club Physiotherapist
Central Coast Mariners

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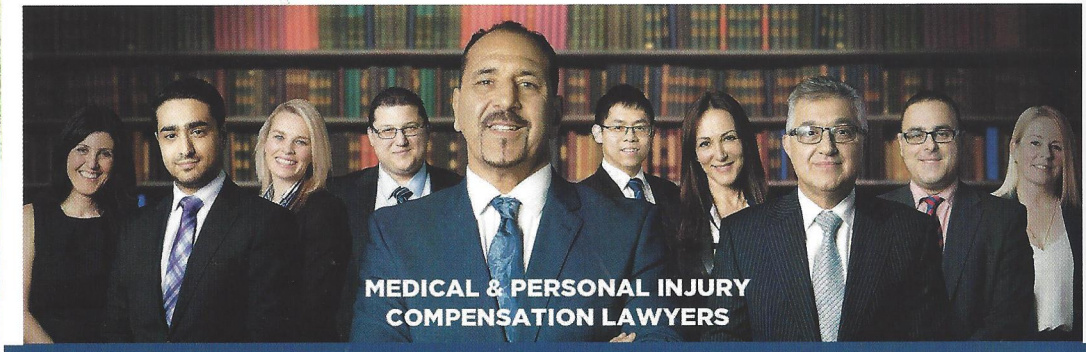

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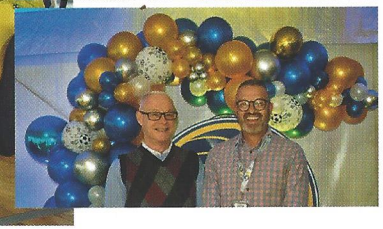
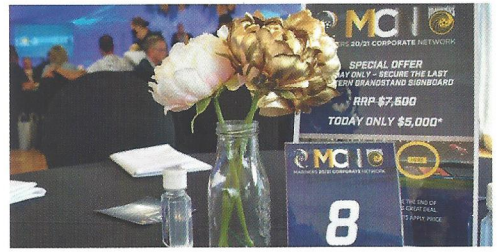
MCN
CENTRAL COAST MARINERS
MARINERS 20/21 CORPORATE NETWORK

MARINERS CORPORATE NETWORK (MCN) FUNCTION



In a first for Central Coast Stadium, The Central Coast Mariners MCN function provides an elite business networking opportunity including a gourmet sit-down meal and beverage service pre-match.



Enjoy the hospitality in MCN's private marquee and let the Central Coast Mariners Corporate team provide targeted introductions to other Club partners and guests.

Each event will feature notable guest speakers and introductions to help drive your business and expand your network. Afterwards guests will enjoy the match from premium reserve seating in the Western Grandstand.

Corporate Hospitality is a great way to entertain guests, impress prospective clients and reward your staff. With a range of fully catered private suites, catered outdoor boxes or tickets to Club event functions, Central Coast Mariners provide catered match day experiences for every company.

To make a booking for our next event contact the Mariners Hospitality team on **02 4353 7200** or **hospitality@ccmariners.com.au**

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CENTRAL COAST MARINERS OFFICIAL SUPPORTERS CLUB

The Crew

www.ccmosc.com.au

Here at the Central Coast Mariners Official Supporters Club, we are now open for membership renewal, and we are always looking for new members who share our passion for all things Mariners.

While COVID places restrictions on some of the activities we may have been planning for members this year, we continue to work both independently and in conjunction with the club to give members exclusive opportunities.

In previous seasons, this has included stadium tours, raffles for signed merchandise, and organizing our famous "Tour Of Duty" where members have a chance to travel to an away game in a far away and exotic place such as Brisbane or Melbourne: always a fun time!

We are the A League's first and only official supporters club and would love to have you on board. Why not visit our website, or get in touch at **www.ccmosc.com.au.**

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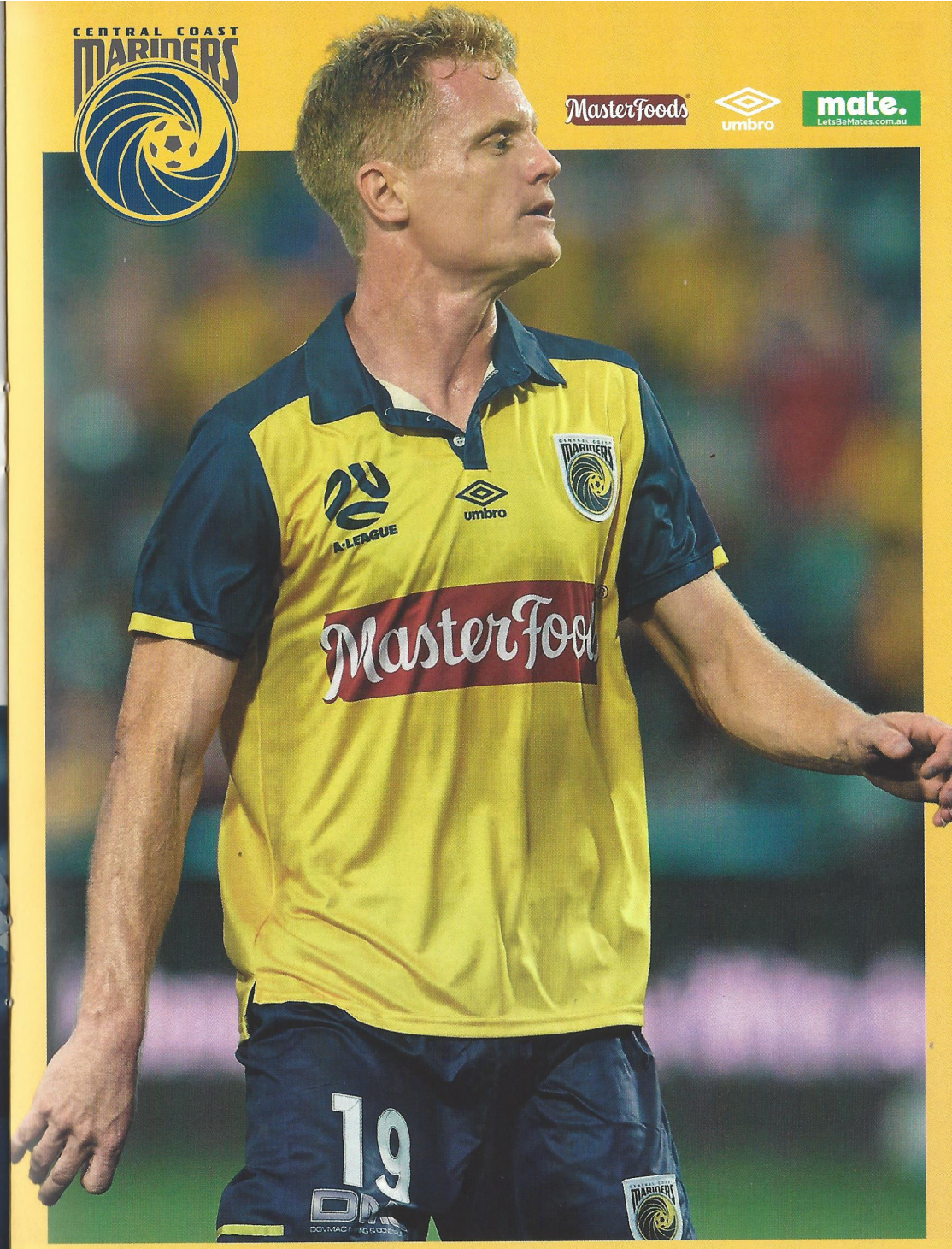

MELBOURNE CITY FOOTBALL CLUB

MELBOURNE CITY WED 3 FEB | KO: 7PM

COACH: ALEN STAJCIC		COACH: PATRICK KISNORBO
1. MARK BIRIGHITTI	❑ ❑	1. Tom Glover (GK)
3. LEWIS MILLER	❑ ❑	2. Scott Galloway
4. JOSH NISBET	❑ ❑	3. Scott Jamieson
5. STEFAN NIGRO	❑ ❑	7. Rostyn Griffiths
6. GIANNI STENSNESS	❑ ❑	8. Aiden O'Neill
7. STEFAN JANKOVIC	❑ ❑	9. Jamie Maclaren
8. OLIVER BOZANIC	❑ ❑	10. Florin Berenguer
10. DANIEL DESILVA	❑ ❑	11. Craig Noone
11. JACK CLISBY	❑ ❑	13. Nathaniel Atkinson
12. MARCO UREÑA	❑ ❑	14. Naoki Tsubaki
14. DANIEL BOUMAN	❑ ❑	15. Andrew Nabbout
15. KYE ROWLES	❑ ❑	16. Taras Gomulka
19. MATT SIMON	❑ ❑	19. Ben Garuccio
20. ADAM PEARCE (GK)	❑ ❑	20. Adrian Luna
21. RUON TONGYIK	❑ ❑	22. Curtis Good
22. MICHAL JANOTA	❑ ❑	23. Marco Tilio
23. DANIEL HALL	❑ ❑	33. Matthew Sutton(GK)
25. MATTHEW HATCH	❑ ❑	34. Connor Metcalfe
26. JAYDEN CASELLA	❑ ❑	35. Raphael Borges Rodrigues
29. ALOU KUOL	❑ ❑	36. Kerrin Stokes
30. JORDAN SMYLIE	❑ ❑	42. Taleb Ahmad (GK)
	❑	48. Luke Oresti
	❑	49. Stefan Colakovski

HEAD TO HEAD: PLD 29 WINS: CCM 11 MCY 11 DRAWS 7

ACADEMY WRAP

Steadfast

PLAYER PROFILE

BIJOU RENNIE

Bijou made her first appearance with the Academy last season playing in our Under 14's team.

She progressed extremely well gaining selection into our under 15's team for season 2021.

A great shot stopper Bijou has the ability to get her team off to quick starts with a fantastic ability to collect the ball and find a team mate quickly in time and space to start a mariners attack.

We wish Bijou all the very best for season 2021.

AMELIA ELDER

A dominant holding midfield field player. Able to contribute when the Mariners have the ball or are defending, Amelia is credited to breaking up many threatening opposition attacks or creating attacking play for her team through her ability and range when it comes to passing.

Amelia also possesses a fantastic shot and can score from distance.

I look forward to watching Amelia compete in season 2021.

Steadfast are proud sponsors of the Central Coast Mariners this 2020/21 season.

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OFF THE PITCH

THIS WEEK WE GOT BUSY WITH NIZZY TO FIND OUT MORE ABOUT JOSH NISBET'S TIME WITH THE MARINERS SO FAR.

Josh started his journey by trading one coast for another; taking the gamble on moving from the Sunshine Coast in early January 2017, to put his head down with the Central Coast youth team and coach, Ben Cahn, in the hopes for a senior team breakthrough. Josh describes the solo move at just 17 years of age:

"It was a bit of a risk and a big deal for the family. I have a couple of other siblings and I was the first one to move out. It was the first time someone has not been at home for longer than a week. There were definitely a few tears from mum".

To fund the move and the football dream, Josh took up work at the local Woolworths until January 2019, when he received a phone call that he will never forget- an offer for a scholarship deal.

"I got a phone call during work and I recognised the number, so I asked my boss if I could quickly take a break to answer it". And ever the gentlemen, Nizzy didn't even resign that very day. "In terms of quitting, I made sure I gave my bosses time to get more people in to cover my shifts".

Nizzy has worked hard to establish himself as a regular starting member of the Mariners' squad and was rewarded in early 2020 with the offer of a 2-year senior deal. A time of elation quickly turned to one of trepidation, as just weeks later, COVID-19 hit the A-League season hard.

"It was great to get a full professional contract for the first time and then a couple of weeks later the season was in jeopardy. It was a very scary time for football in Australia, but I'm glad it worked out in the end."

Moving into 2021, Nizzy has made himself at home on the Coast, both in the sense of purchasing a new home that he is soon to move into, as well as becoming a familiar and fan-favourite addition to the squad. Nizzy has already been voted "Fans' Player of the Match" twice this season for his efforts in Round 1 against Western Sydney Wanderers and Round 3's F3 Derby.

"It feels really good. Although it's taken a while to cement my position, for the fans to recognise you're playing well, it's really nice."

However, when asked whether he would overtake Simmo for the cult Mariners figure award, Nizzy was quick to downplay his rising popularity:

"(laughs) No, not quite yet! Matty has been around for a while. Don't tell him that, otherwise he might have some words with me! Matty can have that role for now, but hopefully eventually I get it".

Outside of football, Nizzy is a laidback 21-year-old (who unfortunately missed out on having a big celebration thanks to COVID!), who loves the outdoors.

"I've always grown up around the beach, so I love going to the beach and just hanging out with mates."

Following the team's emphatic last round victory against Sydney FC at Jubilee Stadium, in which Nizzy played a huge part in the lead up to Kuol's 74th minute goal, Nizzy gave us a little insight into what is happening at the club that has led to this season's early success and the importance of the fans:

"During pre-season we worked a lot on defensive structure and all three of our wins have been clean sheets, so it shows it's worked. I think our momentum is good for both us and our fans, when we've got momentum, the fans believe in us more."

By Hayley Routley

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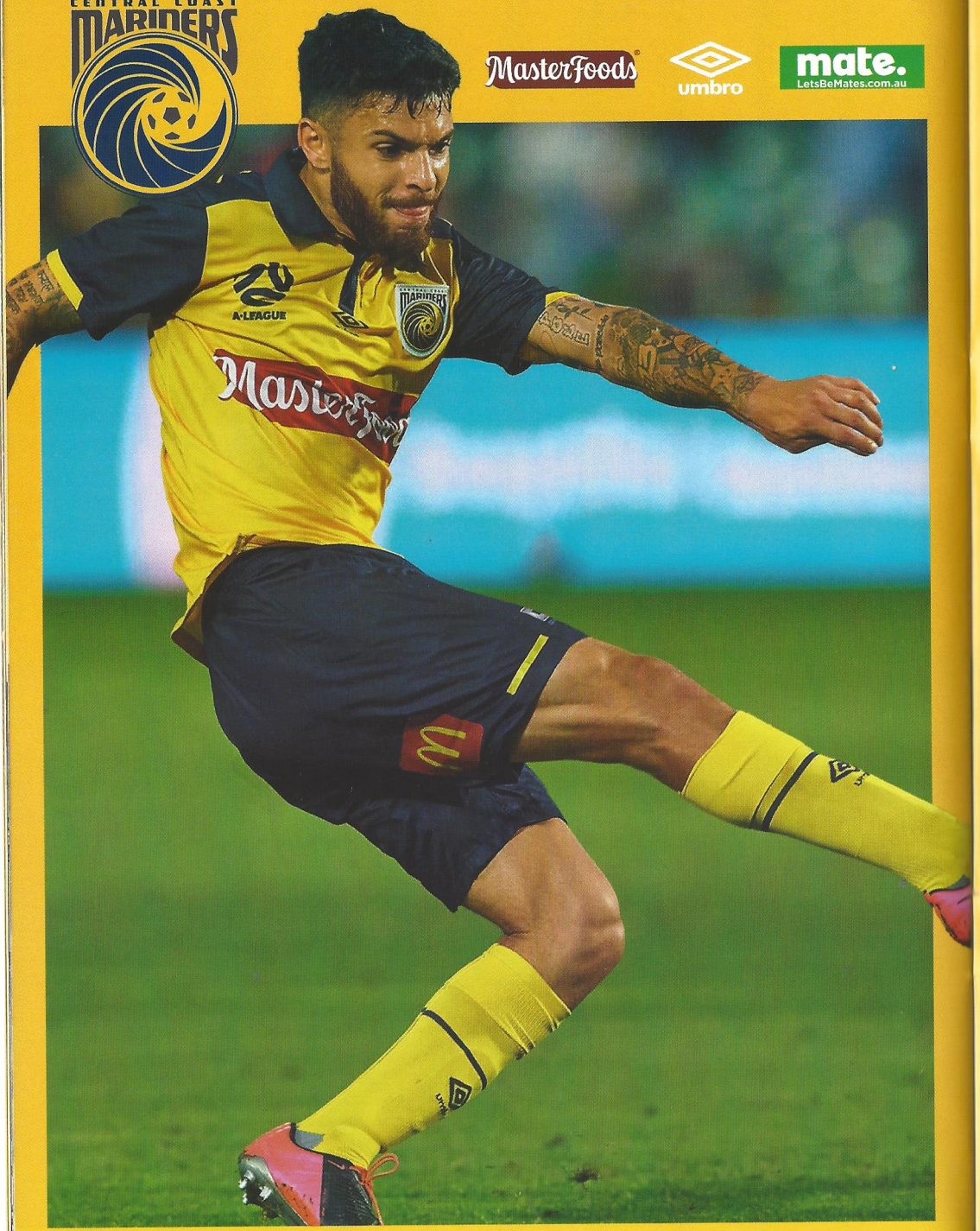

WESTERN UTD SUN 7 FEB | KO: 6PM

COACH: ALEN STAJCIC

1. MARK BIRIGHITTI
3. LEWIS MILLER
4. JOSH NISBET
5. STEFAN NIGRO
6. GIANNI STENSNESS
7. STEFAN JANKOVIC
8. OLIVER BOZANIC
10. DANIEL DESILVA
11. JACK CLISBY
12. MARCO UREÑA
14. DANIEL BOUMAN
15. KYE ROWLES
19. MATT SIMON
20. ADAM PEARCE (GK)
21. RUON TONGYIK
22. MICHAL JANOTA
23. DANIEL HALL
25. MATTHEW HATCH
26. JAYDEN CASELLA
29. ALOU KUOL
30. JORDAN SMYLIE

COACH: MARK RUDAN

- ❑ ❑ 1. Filip Kurto (GK)
- ❑ ❑ 2. Aaron Calver
- ❑ ❑ 3. Brendan Hamill
- ❑ ❑ 4. Andrew Durante
- ❑ ❑ 5. Dylan Pierias
- ❑ ❑ 6. Tomoki Imai
- ❑ ❑ 7. Besart Berisha
- ❑ ❑ 8. Lachlan Wales
- ❑ ❑ 10. Steven Lustica
- ❑ ❑ 11. Connor Pain
- ❑ ❑ 12. Stefan Zinni
- ❑ ❑ 13. Ivan Vujica
- ❑ ❑ 14. Max Burgess
- ❑ ❑ 17. Joshua Cavallo
- ❑ ❑ 19. Josh Risdon
- ❑ ❑ 20. Victor Sanchez
- ❑ ❑ 21. Sebastian Pasquali
- ❑ ❑ 22. Tomislav Uskok
- ❑ ❑ 23. Alessandro Diamanti
- ❑ ❑ 25. Luke Duzel
- ❑ ❑ 26. Nicholas Milanovic
- ❑ 27. Jerry Skotadis
- ❑ 29. Ayom Majok
- ❑ 30. Ryan Scott (GK)
- ❑ 33. Apostolos Stamatelopoulos
- ❑ 34. Iker Guarrotxena

HEAD TO HEAD: PLD 3 WINS: CCM 1 WUN 2 DRAWS 0

CENTRAL COAST MARINERS OFFICIAL SUPPORTERS CLUB

The Crew

www.ccmosc.com.au

As the recent run of home matches comes to a temporary end, it's maybe a chance to take stock and think about the rest of the season, and even next season.

Did you know that by joining the Official Supporters Club you automatically go into the draw for an upgradeable Mariners family Navy membership for next season. Don't worry if you're not a family or you want to upgrade to a higher level. This can be arranged via the Club, and you only have to pay any difference.

We miss not seeing our members at our marquee on Dane Drive this season, but ask any members that would normally renew their memberships at the marquee to do so online or by having a chat with their favourite committee member.

Thanks to those that have joined or renewed and we would love to hear from both new and existing members via our website **www.ccmosc.com.au.**

GO THE MARINERS!

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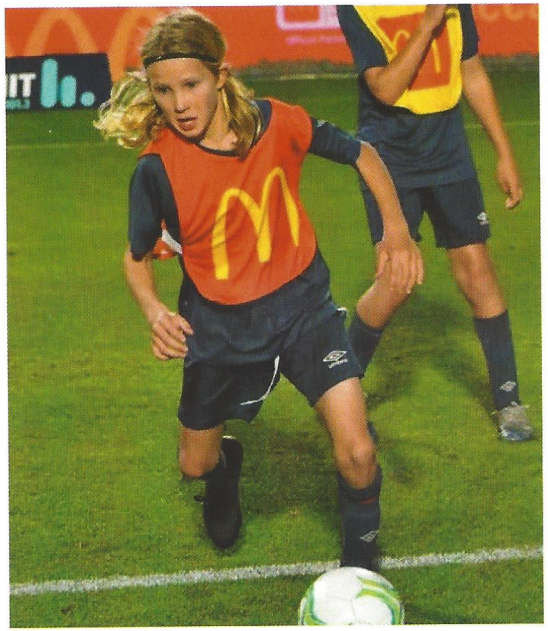
PLAYER PROFILE



JACOB HALL

Jacob has been involved in Mariners youth programs for the past 4 years and this season he will represent our under 12 SAP team.

Jacob is a tenacious, hard working player who always puts in 100% in training and games with a smile on a his face.

His energy and effort are key characteristics we like to see in our young players and when you see him play you can tell he loves the game.

Jacob is developing into a good technical player and has intelligent vision to make effective passes to help his team progress up the field.

Outside of football Jacob is a true coastie and is a champion surfer.

Good luck this season Jacob.

Steadfast are proud sponsors of the Central Coast Mariners this 2020/21 season.

CENTRAL COAST MARINERS

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SEASON 2020.21

DECEMBER						
H	THU	31	NEWCASTLE JETS	1-0	KUOL	
JANUARY						
A	SUN	3	MACARTHUR FC	2-0	DESILVA, SMYLIE	
H	SUN	10	MELB. VICTORY		POSTPONED	
A	FRI	15	BRISBANE ROAR		POSTPONED	
H	TUE	19	WS WANDERERS	0-1		
A	FRI	22	SYDNEY FC	2-0	WARLAND (OG), KUOL	
H	SUN	31	WELL. PHOENIX			
FEBRUARY						
H	WED	3	MELBOURNE CITY			
H	SUN	7	WESTERN UTD			
A	SUN	14	WELLINGTON			
A	FRI	19	ADELAIDE UTD			
A	SAT	27	WS WANDERERS			
MARCH						
H	MON	8	NEWCASTLE JETS			
A	SAT	13	PERTH GLORY			
H	WED	17	ADELAIDE UTD			
A	MON	22	MELBOURNE CITY			
H	SAT	27	WESTERN UTD			
APRIL						
A	SUN	4	MELB. VICTORY			
H	SUN	11	MACARTHUR FC			
H	SUN	18	SYDNEY FC			
A	FRI	23	WESTERN UTD			
MAY						
A	MON	3	WELL. PHOENIX			
H	SAT	8	BRISBANE ROAR			
A	SAT	15	ADELAIDE UTD			
H	SUN	23	MELBOURNE CITY			
H	SUN	30	PERTH GLORY			

PLEASE NOTE: All fixtures are subject to ongoing changes.

A-LEAGUE LADDER 2020.21

As of Monday 25 January 2021

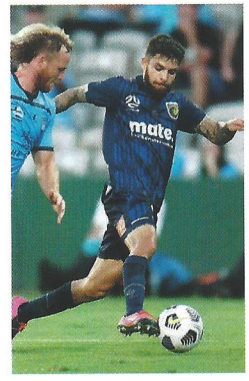
	P	W	D	L	GF	GA	PTS
CC MARINERS	4	3	0	1	5	1	9
Adelaide Utd	4	2	1	1	6	5	7
WS Wanderers	4	2	1	1	4	3	7
Macarthur FC	4	2	1	1	4	4	7
Brisbane Roar	3	2	0	1	5	3	6
Melbourne City	3	2	0	1	3	3	6
Western Utd	3	1	1	1	6	6	4
Sydney FC	3	1	1	1	3	4	4
Perth Glory	2	1	0	1	9	8	3
Newcastle Jets	5	1	0	4	5	8	3
Wellington Phoenix	3	0	1	2	3	5	1
Melbourne Victory	2	0	0	2	1	4	0

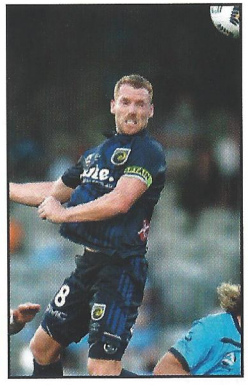
A-LEAGUE LAST MATCH:

FRI 22 JAN 2021 | NETSTRATA JUBILEE STADIUM

SYDNEY 0 FC MARINERS 2

Warland (og)53', Kuol 74'





Kids Korner answers: Who am I? Marco Urena | Spot the Ball: No. 3 | WORD MAZE: Won't back down